

National Currency Watch 2025-03-14

		Change from			
	Price in Gold	Week ago	Month ago	Year ago	5 Years ago
USD	10.4 mg	-1.6%	-1.9%	-27.4%	-47.5%
CAD	7.3 mg	-1.5%	-3.4%	-31.7%	-48.9%
EUR	11.4 mg	-1.2%	1.6%	-27.5%	-48.4%
JPY	0.070 mg	-2.2%	0.6%	-27.5%	-62.1%
CNY	1.44 mg	-2.3%	-1.2%	-27.1%	-49.1%

Digital Token Watch 2025-03-14

		Change from			
	Price in Gold	Week ago	Month ago	Year ago	5 Years ago
Bitcoin (BTC)	877.02 g	-4.8%	-15.5%	-14.7%	747.4%
Ethereum (ETH)	19.96 g	-12.2%	-31.2%	-64.3%	652.8%
Crypto Index (CCi30)	6,033.53 g	-7.5%	-22.8%	-41.6%	287.6%

Bond Watch 2025-03-14

		Change from			
	Price in Gold	Week ago	Month ago	Year ago	5 Years ago
US 1-3 Year (SHY)	0.86 g	-1.5%	-1.2%	-24.1%	-46.2%
US 20+ Year (TLT)	0.94 g	-1.5%	-0.8%	-27.4%	-66.9%

Equity Watch 2025-03-14

		Change from			
	Price in Gold	Week ago	Month ago	Year ago	5 Years ago
DJIA	433.31 g	-4.6%	-8.6%	-22.6%	-6.1%
S&P 500	58.89 g	-3.8%	-9.5%	-20.6%	9.2%
Nikkei 225	2.61 g	-1.8%	-4.7%	-30.8%	-19.5%
Euro STOXX (FEZ)	0.590 g	-2.9%	0.7%	-21.3%	1.1%
HUI	3.58 g	3.2%	3.2%	7.4%	9.9%

Commodity Watch 2025-03-14

		Change from			
	Price in Gold	Week ago	Month ago	Year ago	5 Years ago
Crude Oil	0.702 g/bbl	-1.4%	-6.8%	-40.0%	11.1%
Platinum	10.37 g/oz	1.2%	-2.4%	-22.4%	-33.4%
Palladium	10.14 g/oz	1.5%	-4.0%	-34.7%	-70.8%
Silver	0.354 g/oz	2.7%	6.9%	-1.5%	12.8%
Copper	50.9 mg/lb	2.3%	2.6%	-12.5%	3.3%
Coffee	39.9 mg/lb	-3.6%	-10.7%	44.9%	87.8%
Cotton	7.04 mg/lb	0.4%	-1.5%	-47.7%	-41.6%